

NEUROSKELETAL

Meaning: Neuroskeletal refers to the interconnected system of the nervous and skeletal systems that coordinates movement, stability, posture, and balance.

1. The neuroskeletal system plays a crucial role in coordinating movement and stability.
2. Recent research has shed light on the neuroskeletal interactions that influence posture and balance.
3. Athletes often benefit from training that focuses on neuroskeletal connections to enhance performance.
4. Injuries to the neuroskeletal framework can lead to significant complications in mobility and function.
5. Understanding neuroskeletal dynamics is essential for developing effective rehabilitation strategies.

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